

Wolf Pack WARRIOR

Vol. 18, No. 10 8th Fighter Wing, Kunsan Air Base, Republic of Korea March 21, 2003



Road to the ORI

Brush up on some commonly overlooked (but important) elements of ATSO.

See story, photos, page 4

NEWS BRIEFS

USFK officials change curfew

USFK officials changed the peninsula-wide curfew hours effective noon Thursday. The new curfew hours are 7:30 p.m. to 5 a.m., each day of the week, including weekends and holidays. For details about the order, servicemembers should contact unit first sergeants.



Air Force photos

Wolf Pack people earn awards

Senior Airman Joseph Berberich, 8th Medical Support Squadron, and Ms. Kim, Chin Ae, 8th Civil Engineer Squadron, captured 7th Air Force honors Saturday. Officials named Berberich 7th Air Force Airman of the Year and Kim Civilian of the Year in the administrative and technical category.

USFK puts clubs off limits

The United States Forces Korea provost marshal's office recently added several hotels and clubs in the Itaewon area of Seoul to the "off limits" list. All USFK personnel are prohibited from patronizing those businesses. For a complete list, see page 8.

Former CMSAF Barnes dies

Former Chief Master Sergeant of the Air Force Thomas N. Barnes died from cancer in Sherman, Texas, Monday. He was 72. Barnes was the fourth CMSAF and the first African American selected to the highest enlisted post in any of the military services. He served in that position from 1973 to 1977. Barnes entered the Air Force in 1949. He served as a hydraulics specialist from 1950 to 1952. From 1952 to 1965, the chief served in a variety of positions as a crew chief, flight engineer, and senior controller on various aircraft.

Hotline established for cadets

Air Force officials have established a phone line for U.S. Air Force academy cadets to report sexual assault to the inspector general. Current and former cadets can contact the IG by calling (703) 588-1541 Monday through Friday 8 a.m. to 4 p.m. EST.

Ridge begins 'Liberty Shield'

Homeland Security Secretary Tom Ridge launched Operation Liberty Shield Monday. Heightened security measures, he said, will be broadly applied at the nation's airports, seaports, other transportation systems.



Photo by Staff Sgt. Jeremiah Erickson

RARE BIRD: An F-117A Nighthawk from the 49th Fighter Wing, based at Holloman Air Force Base, N.M., arrives at Kunsan March 14. The aircraft are in South Korea to support Foal Eagle 2003. The "stealth" aircraft last deployed to Korea in 1993 to support the Team Spirit exercise.

Airmen poised to attack in Iraq

By Louis A. Arana-Barradas
Air Force Print News

SAN ANTONIO — With some media sources already reporting the start of fighting in Iraq, airmen worry Saddam Hussein will use chemical weapons against coalition forces.

Iraq has long denied it has such weapons, but Saddam Hussein used them in his war with Iran and against Kurds in his own country. President George Bush said the Iraqi dictator has given his troops the OK to use such weapons again.

Since it's probable Iraq will use chemical weapons, airmen at bases in Europe and Southwest Asia are preparing for the worst.

"We're absolutely concerned about that stuff," said Capt. "Buck," a B-52 electronic weapons officer deployed to Royal Air Force Fairford, England.

The captain will be high above any chemical or biological threats when bombing missions begin over Iraq. Still, he said the thought of Iraq using such weapons is "something that's going to impact our mindset because we have friends on the ground."

Buck, from the 23rd Expeditionary Bomb Squadron, said it's up to the Air Force to knock out units suspected of having weapons of mass destruction.

"If we're going to prevent the use of weapons of mass destruction, we've got to be all over that [country] as fast as possible," Buck said.

President Bush has repeatedly warned Iraq that if it uses weapons of mass destruction, Iraq will suffer the consequences. His last warning came Monday during a speech to the nation.

"Do not obey any command to use weapons of mass destruction against anyone, including the Iraqi people," Bush warned the Iraqi military. "War crimes will be prosecuted. War criminals will be punished."

Unfortunately, nobody knows whether the Iraqis will heed the warning. That is not comforting, said Staff Sgt. Marc Kreienbrink. He is a contracting airman with the 405th Expeditionary Contracting Squadron at a forward-deployed location.

"My concern is what weapons of mass destruction will do," he said.

Air Force officials said airmen are ready to counter chemical and biological threats. Kreienbrink said he has had enough chemical warfare training to last a lifetime. He is ready.

"I'm quite confident of my ability to put my training to use," he said.

Though the two airmen are concerned about chemical attacks, neither is worried any threat will stop them from accomplishing their mission.

As Buck put it, "It will be business as usual."

At another forward-deployed base, Staff Sgt. Nick Brautigam said the mood in the U.S. Central Command building where he works is tense. Brautigam is also worried about chemical attacks, but his main concern is whether the United States really needs to go to war with Iraq.

"I wonder if we could do this some other way," said Brautigam, a communications planner. He was quick to add, though, that no amount of concern will prevent him doing his job.

The three airmen have one thing in common — none want Americans to lose sight of the mission the men and women in uniform are about carry out.

And all confessed that on the eve of what could be a second Gulf War, they feel a bit of uncertainty and fear, too. Mainly because they really do not know what will happen.

Buck will most likely be flying bombing missions over Iraq within the first hours after war breaks out.

The electronic warfare officer believes the best thing Americans can do — as their military stands poised to attack Iraq — is pray for their troops.

"People should have faith in our leadership and know that everybody here believes strongly in what we're doing," Buck said. "We're just hoping to do it as quickly as possible."



Air Force loses role model, friend

By CMSAF Gerald R. Murray
Chief Master Sergeant of the Air Force

The passing of former Chief Master Sergeant of the Air Force Tom Barnes is a tremendous loss to his family, to our Air Force and the nation. Historically, he will be remembered as the first African-American Chief Master Sergeant of the Air Force, but a closer look at his life reveals a man with a deep passion for his family, his service, and the men and women of the enlisted force. He grew up in our Air Force at a time when racial issues were at their height, and throughout his career, sen-

ior leaders turned to him to diffuse tense situations. His ability to communicate with people, coupled with his experience as an NCO and as an African-American, gave him the unique ability to understand the issues and work toward solutions. As a technical expert in his field of hydraulics and later as a flight engineer, he gained the respect and admiration of peers, subordinates and superiors, and became the person people went to for answers. His experience in racial relations, technical expertise and experience in both the Korean War and Vietnam clearly made him the right person to become the fourth chief master ser-

geant of the Air Force. His leadership paved the way for the enlisted force of the mid-'70s to begin its rise above many challenges — post-Vietnam issues, racial tensions, low standards, and drug and alcohol abuse. Following his retirement, he continued to lead and mentor, through many speaking engagements and visits with our airmen. The Air Force is better today because of Chief Barnes' dedicated service. His passion, leadership and friendship will be greatly missed.

Values are hallmark of true professionals

By Col. David Francis
Hill Air Force Base, Utah

From entry-level training for new recruits to the every-day news coverage of events in Afghanistan, Iraq and elsewhere around the world, we're constantly told that today's military is the most "professional" in America's history. Despite this, few of us ever take the time to think about what being a professional in today's Air Force really means. I think most of us, while we have some idea of professionalism in the broadest sense, would agree that it is hard to define.

In fact, there are so many aspects to professionalism, both large and small, that it would take a lifetime to fully explore. Even then, I expect we would all come up with different definitions.

There are, however, certain fundamental values that the many professionals I have been privileged to meet in my career hold dear. I want to share what I believe are four of the most important. To me, these four values epitomize the "IDEA" of the true professional.

Integrity: The "I" in "IDEA" represents the single most important part of professionalism. It is the very bedrock upon which our professional military stands and without which it must surely fail. That foundation is integrity, once described by Gen. Lee Butler, last commander-in-chief of Strategic Air Command, as "that rock-ribbed, uncompromising, deeply rooted commitment to doing what is right in the face of all obstacles, consequences and temptations to do otherwise." Integrity is the priceless commodity that allows us to trust our leaders with our careers, our military family environment and, in times of war, even our lives.

Dedication: "D" in the "IDEA" of professionalism stands for dedication. In my time in the Air Force, I have slowly come to realize that nothing is truer than that old slogan: "The Air Force is more than just a job — it is a way of life."

Anyone who doesn't think so needs only to spend a tour at one of our overseas bases or on deployment, where we all have to function together as part of our own small community. Because of the closeness in which we all live and work, we cannot treat the Air Force as just another 8 to 5 job, shedding all responsibilities when we leave work and ignoring the needs of our communities until we return the next day.

As professionals, we have to be willing to dedicate ourselves not to just the routine part of our work, but to the success of our overall mission and the quality of life in our communities.

Dedication also means dedicated support of Air Force and policies, as

set forth in Air Force directives and instructions. As Air Force professionals, we have an obligation to learn and understand Air Force policy and to fairly and honestly apply that policy to the best of our ability, even if we might not agree with it on a personal level. This applies to simple issues like drug abuse, and to the more emotionally charged, far-reaching issues like homosexuals in the military, or even the need for our recent, massive organizational changes.

Embrace change: "E" in "IDEA" means we must embrace change. Change in today's Air Force is a fact of life. As professionals, we must recognize we do not live in a static environment.

Our mission and Air Force structure constantly shift to meet the needs of our changing world environment and changing technology.

Change is inevitable and, if we are to continue to perform our mission and to do it well, we cannot fight that change.

As professionals, we must not only accept change; we must also plan for it and shape it with our own vision, to the best advantage of the Air Force.

True professionals build on change, with a vision of what might be. They do not accept the status quo, but constantly strive to make it better.

Action: The "A" in "IDEA" stands for action, again and again. You can be as personally honest, dedicated and receptive to change as the day is long, but if you do not put those qualities into action, they amount to nothing.

As professionals, we not only have to recognize the value of these ideas, but also have to work at achieving them. We have to get involved in our communities and constantly work to correct our own actions and those of others around us.

Action Line 782-5284



Col. Guy Dahlbeck
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
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Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119


action.line@kunsan.af.mil

Problem getting connected?

Q: When my commercial DSL provider, AAFES/Samsung, installed the software and equipment in my dormitory room, there was a delay before my service started but I was still charged. Why was I charged and when can I expect the service to start working?

A: When the DSL equipment is installed, it doesn't work initially because a final wiring modification must be made at the base's telephone switch. Because operational phone requirements take precedence, the final wiring modification isn't made until the end of the second duty day each week, so there is some delay. You'll be happy to know that Samsung has agreed not to charge customers until all work is completed and the service is fully operational.





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Wolf Pack Warrior
Vol. 18, No. 10

Defend the base
Accept follow-on forces
Take the fight North

MONTHLY SORTIE GOALS

Unit	Goal	Fown
35th FS	398	46
80th FS	407	34
8th FW	805	80



WOMEN'S HISTORY MONTH
A luncheon celebrating Women's History Month is 11:30 a.m. Wednesday in the Loring Club ballroom. Cost is \$8 for members and \$9 for non-members. The guest speaker is Chief Master Sgt. Aphrodite Kafka, 51st Logistics Readiness Squadron. See unit first sergeants for more information

AF implements Stop Loss

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON — The Assistant Secretary of the Air Force (Manpower and Reserve Affairs) has authorized the use of Stop Loss in order to retain specific skills needed to meet national security objectives.

Forty-three officer and 56 enlisted specialties are Stop Lossed effective May 2. "We do not take this action lightly," said Secretary of the Air Force Dr. James Roche. "Stop Loss is designed to preserve critical skills essential to supporting the Global War on Terrorism, while ensuring we're prepared to meet other contingencies."

"We've implemented Stop Loss to ensure we have the necessary skilled personnel to conduct operations," said Air Force Chief of Staff Gen. John Jumper. "We'll use it only as long as necessary to accomplish our mission."

Stop Loss is being implemented across the total force (active duty, Air Force Ready Reserve, and Air National Guard) for these career fields and affects all airmen in the rank of colonel and below, according to Maj. Teresa Forest, chief of Air Force retirements and separation policy at the Pentagon.

Work begins on new dormitory

Project part of larger plan to improve Wolf Pack community

By 1st Lt. Heather Healy
8th Fighter Wing Public Affairs

Members of the Wolf Pack, Army Corps of Engineers and Namhwa Construction Company joined together Tuesday at 2 p.m. for a dormitory ground breaking ceremony here.

The ceremony symbolizes the first step in the physical construction of the dormitory, but the project, that will take an empty plot of land behind the dining facility and transform it into a home for 122 airmen, has been in the works for months.

"When the Wolf got here 10 months ago, it took him about a week to pull leadership together and say without a doubt, our number one priority at Kunsan while we are here is the dorms and the quality of life for our airmen," said Col. Stuart Johnson, 8th Fighter Wing vice commander.

The 21,923 square foot, \$10.3 million "Quality of Life" project is part of the Kunsan Dorm Master Plan, which will solve a critical room shortage.

"The new dorm is one of six new dorms to be constructed between now and 2007. These dorms will erase our 753-room deficit," said Col. Timothy Byers, 8th Mission Support Group commander.

"The new dorm will also reduce the number of airmen we doubled up in dorms — a big morale boost," he said.

The new dorms will not only improve morale, but more importantly, the dorms will enhance mission effectiveness.

According to Byers, "the new dorm will also have a chem-bio collective protection system providing force pro-

tection for permanent and follow-on forces in a contaminated environment."

The plan to improve quality of life and mission effectiveness, however, doesn't end there. The Kunsan Dorm Master Plan is only one piece of the design plan for the Wolf Pack.

The Kunsan 2015 community plan was developed to make the Wolf Pack look like a small city with a centralized community center complete with base fitness, recreation, shopping, entertainment and personnel services. The Kunsan 2015 community plan recently won a national Federal Planning Division award in the "Best Area Development Plan" category.

Most of the today's Wolf Pack won't be around to see these changes, but the role they play now is crucial.

"Our legacy for this class will be that we have started something that people years from now will benefit from," said Johnson.

The first steps toward that legacy and fulfilling the vision of Kunsan in years to come is underway now.

"We can rest easy this day and days to come knowing we're providing our comrades, who have chosen to stand by us during the good times and bad, a home away from home — a place where they can lay their heads after a hard day of work and feel safe," said Mr. O. Sung Sik, vice president of Namhwa Construction Company.

New, better dorms and living conditions for Wolf Pack airmen has been the number one goal of everyone involved from the Col. Guy Dahlbeck, 8th Fighter Wing commander, to the construction company.

"This new dorm is a good example of the support we're receiving from our host nation, 7th Air Force, and Pacific Air Forces, and I'm very happy with the progress we're making," said Dahlbeck, 8th Fighter Wing commander.



CRITICAL WORK: Airmen 1st Class Michael Pendleton and Sarah Harwood scan outside a base during a patrol of the perimeter at a deployed location in Southwest Asia. Air Force leaders authorized a Stop Loss program, which begins May 2, to retain personnel in critical Air Force specialties.

Air Force Specialties Affected by Stop Loss

Officers: Applies to primary AFSC regardless of prefix/suffix except where indicated. 11AX Airlift Pilot 11BX Bomber Pilot 11EX Test Pilot 11FX Fighter Pilot 11GX Generalist Pilot 11HX Helicopter Pilot 11KX Trainer Pilot 11RX Recce/Surv/Elect Warfare Pilot 11SX Special Operations Pilot 11TX Tanker, C-12 Ctp Pilot 12AX Airlift Navigator 12BX Bomber Navigator 12EX Test Navigator 12FX Fighter Navigator 12GX Generalist Navigator 12KX Trainer Navigator 12RX Recce/Surv/Elect Warfare Navigator 12SX Special Operations Navigator 12TX Tanker Navigator 13BX Air Battle Manager 13DXA Combat Rescue 13DXB Special Tactics 13MX Airfield Operations 14NX Intelligence 31PX Security Forces 32EX Civil Engineer 33EX Bioenvironmental Engineer 43HX Public Health 43TX Biomedical Laboratory 44EX Emergency Services Physician 44MX Internist 45AX Anesthesiologist 45BX Orthopedic Surgeon 45SX Surgeon 46FX Flight Nurse 46MX Nurse Anesthetist 46NXE Critical Care Nurse 46SX Operating Room Nurse 48AX Aerospace Medicine Specialist 48GX General Medical Officer 48RX Residency Trained Flight Surgeon 51JX Judge Advocate 71SX Special Investigator	1C1XX Air Traffic Control 1C2XX Combat Control 1C3XX Command Post 1C4XX Tactical Air Command & Control 1C5XX Aerospace Control & Warning System 1N0XX Intelligence Applications 1N1XX Imagery Analysis 1N200 Signals Intelligence Analysis Manager X1N2XX Aircrew Signals Intelligence Production 1N3X4 Far East Cryptologic Linguist 1N3X5 Mid-East Cryptologic Linguist 1N3X6* African Cryptologic Linguist 1N3X7* Turkic Cryptologic Linguist 1N3X8* Polynesian Cryptologic Linguist 1N3X9* Indo-Iranian Cryptologic Linguist 1N4XX Signals Intelligence Analysis 1N5XX Electronic Signals Intelligence Exploitation 1N6XX Electronic System Security Assessment 1S0XX Safety 1T1XX Aircrew Life Support 1T2XX Pararescue 2E2X1 Com, Network, Switching & Crypto Systems 2F0X1 Fuels 2T3X2A Special Vehicle Maintenance (Fire Trucks) 2T3X2B Special Vehicle Maintenance (Refueling Vehicles) 3C0X1 Communications - Computer Systems Operations 3C2X1 Communications - Computer Systems Control 3E000 Electrical (Cem) 3E0X2 Electrical Power Production 3E4X1 Utilities Systems 3E4X2 Liquid Fuels Systems Maintenance 3E5X1 Engineering 3E7X1 Fire Protection 3E8X1 Explosive Ordnance Disposal 3E9X1 Readiness 3H0X1 Historian 3N0XX Public Affairs & Radio/TV Broadcasting 3P0XX Security Forces 4A1XX Medical Material 4A2XX Biomedical Equipment 4B0XX Bioenvironmental Engineering 4E0XX Public Health 4H0XX Cardiorespiratory Laboratory 510X1 Paralegal 7S0X1 Special Investigations 8D000 Linguist Debriefers 9L000 Interpreter/Translator
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Road to the...

OPERATIONAL
READINESS
INSPECTION

REMEMBERING ATSO BASICS

Editor's Note: This is the sixth in an eight part series discussing readiness topics, which will appear each week until the Operational Readiness Inspection.

Doing well in the Operational Readiness Inspection typically adds up to more than just wearing chemical gear and executing the mission. Many times, it's the little things that can cause a big difference in an inspection rating. Here's a few of the "little things" members of the Wolf Pack need to remember during the ORI:

Operations Security

OPSEC is the process of denying adversaries information about friendly capabilities and intentions by identifying, controlling, and protecting indicators associated with planning and conducting military operations.

There is no acceptable level of vulnerability to friendly information.

The most well known expression regarding OPSEC came from World War II. "Loose Lips Sink Ships" meant just that — people talking about naval operations led to the enemy planning offensives to counter the U.S.'s planned operations. Ships sank. People died. Moreover, vital planned operations failed in one form or another.

Always remember that even unclassified information can reveal operation details that put people at risk.

Information Security

The Information Security Program protects Air Force information by placing authority into the hands at the lowest levels possible; encouraging risk management principles; focusing on identifying and protecting only that information that requires protection; integrating security procedures into business processes so they become transparent; and, ensuring everyone understands their security roles and responsibilities and takes them seriously.

Information security at the unit level typically involves the proper safeguarding of classified and sensitive information. Remember proper procedures for access to classified, conduct end-of-day security checks, and destroy classified properly when necessary.

Refer to Air Force Instruction 31-401, Information Security Program Management, for more information.

Communications Security

COMSEC material is an item that secures or authenticates telecommunications.

Using unsecured COMSEC equipment to discuss even portions of what the 8th Fighter Wing is doing offers the enemy — who is listening — enough information to impact our military operation.

Properly using, safeguarding, controlling, and possibly destroying COMSEC material (routinely or during an emergency) is everyone's business.

Duress Codes

A duress code is a word that can be used during a *normal conversation* to



Air Force photo

READY: An 8th Security Forces Squadron troop responds to an exercise Covered Wagon during Kunsan's Operational Readiness Inspection in May 2000.

indicate coercion (you are under duress).

The purpose is to provide personnel with a means of requesting assistance without alerting the person who's placed you under duress.

People who are under duress must pass the duress code as quickly as the situation permits.

The duress codes are designated "For Official Use Only" and are changed every six months, unless comprised. During warfare or heightened alert, changes can be expected more often.

Sign/Counter Sign

This is a method of challenging someone by saying a word or phrase. This is the "sign." The word or phrase used to respond would be the

ers/enemy forces getting near or into Air Force priority resources.

The Air Force has two types of unclassified reports that anyone can use if a threat is detected; they are "Helping Hand" and "Covered Wagon" reports.

A Helping Hand is a report relayed by telephone or by any means possible to advise others around you that you've detected an unusual incident, possibly hostile, that affects priority resources. An example is people attempting to gain unauthorized entry into a restricted area.

A Covered Wagon is a report relayed by telephone or by any means possible to advise others around you that you detected an unusual incident, probably or actually hostile, occurred at an installation or dispersed site. An example is finding an improvised explosive device in a restricted area.

Helping Hand and Covered Wagon reports must be relayed by the quickest means available.

At Kunsan, call 116 to report types of events.

The person reporting the incident should remain, if possible, in the affected area to provide information to responding forces and/or agencies.

CHEM Codes

When wearing the groundcrew ensemble, we cannot easily identify one person from another — friend or foe.

The "Chem Codes" are numbers passed [to authorized people] through the same channels as duress codes and the sign/counter sign.

The Chem Code is a number which, when broken into two numbers, is passed from one person to another when challenging them as friend or foe.

For instance, if the Chem Code is seven, and you approach a facility while in MOPP 4, the door guard may order you to halt, examine your ID, then hold one hand to his chest showing three fingers. You would respond with four fingers in the same manner.

The Chem Code, therefore, is the number [of fingers] shown plus the response, added. If the Chem Code was five, and you held up four fingers to a person, he should return the challenge with one finger...and so on. Security and operational stability is only as strong as the weakest link.

Source: 8th Fighter Wing ATSO Guide

REMEMBER

Keep your 8th FW ATSO Guide with you at all times during the Operational Readiness Inspection!

Helping Hand & Covered Wagon Reports

People working in or around restricted areas must be alert to detect possible threats to USAF priority resources. The security reporting and alerting system defends against intrud-

E-8 promotion rates up; critical skills even higher

Thirteen Wolf Pack SNCOs make the cut

By Staff Sgt. A.J. Bosker
Air Force Print News
and
Staff Sgt. Matt Miller
Air Force Personnel Center

The Air Force selected 1,612 of 15,831 eligible master sergeants for promotion Wednesday under a familiar critical skills program that for the first time is being applied to E-8 and E-9 promotion cycles.

Under the Chronic Critical Skills program, officials identified 25 career fields to be classified as "critical" skills for the 03E8 promotion cycle. While the overall selection rate for this cycle, 10.18 percent, is the highest seen across the board since 1987, the move pushed average selection percentages, depending on the multiplier applied, to anywhere from 9.64 to 30.88 percent.

"We're now including E-8 and E-9s

because of critical senior noncommissioned officer shortages in these AFSCs that are seriously impacting mission readiness," said Chief Master Sgt. Carol Dockery, chief of enlisted promotions and evaluation at the Pentagon.

The effort to expand the CCS program to the two highest enlisted ranks began during the 03E8 central evaluation board and final approval came only days ago, said officials.

To get there, those competing for promotion in designated AFSCs are assigned a higher selection rate, 1.2 times the Air Force average, Dockery said.

For example, an AFSC with a 15 percent selection rate would receive an 18 percent promotion rate when placed on the CCS list.

"Now, more than ever, it's absolutely essential that we balance our enlisted force structure to meet our expeditionary force requirements," said Chief Master Sergeant of the Air Force Gerald R. Murray. "We must continue to use the CCS skills program and all other available tools, such as selective reenlistment bonuses, incentive pay and retraining, if we are to achieve bal-

Wolf Pack selectees	
Anna Royer, 8th Fighter Wing	
Karen Harris, 8th Comptroller Flight	
Robert Lewis, 8th Logistics Readiness Squadron	
Michael Hast, 8th Civil Engineer Squadron	
Brian Kaley, 8th CES	
Corinne Smith, 8th Medical Group	
Randal Gager, 8th Maintenance Group	
Brian Kautzman, 8th MXS	
Alfredo Lopez, 8th MXS	
Daryl Shines, 8th MXS	
Elizabeth Divine, 8th Aircraft Maintenance Squadron	
Darren Dykes, 8th AMXS	
and David Teeple, 8th AMXS	

ance in our force."

Senior NCOs in AFSCs manned at or below 70 percent with less than 25 people eligible for promotion received a multiplier of 3.0; those manned at or below 70 percent with more than 25 people eligible for promotion received a multiplier of 1.4; and those manned above 70 percent but less than 90 percent received a multiplier of 1.2.

Future CCS skills will be announced prior to the central evaluation board for each promotion cycle.

The cycle 03E8 Senior Master Sergeant Evaluation Board met Jan. 22 to Feb. 7.

AFSC Title	Multiplier	2003 Senior Master Sergeant Chronic Critical Shortage Skills List				Systems Analysis	1.2
1A0X1 In-flight Refueling	1.4	1N1X1 Imagery Interpreter	1.4	1T1X1 Aircrew Life Support	1.2	2R1X1 Maintenance Scheduling	1.4
1A1X0 Flight Engineer	1.2	1N2X1 Signals Intelligence Production	1.2	1T2X1 Pararescue	1.2	2W0X1 Munitions Systems	1.2
1A2X1 Aircraft Loadmaster	1.4	1N4X1 Signals Intelligence Analysis	1.4	1W0X1 Weather	1.2	2W2X1 Nuclear Weapons	1.4
1C0X1 Airfield Management	1.4	1N6X1 Electronic Systems Security	1.4	2A5X0 Aerospace Maintenance	1.2	3E7X1 Fire Protection	1.4
1C1X1 Air Traffic Control	1.4	Assess	3.0	2M0X0 Missile and Space Systems Maintenance	1.2	3E8X1 Explosive Ordnance Disposal	1.2
1C2X1 Combat Control	3.0	1T0X1 Survival, Evasion, Resistance and Escape Operations	3.0	2R0X1 Maintenance Data	1.2	3E9X1 Readiness	1.4
1C3X1 Command and Control	1.4						
1N0X1 Intelligence Applications	1.2						



President authorizes two new medals in terror fight

WASHINGTON — A presidential executive order signed March 12 authorizes the Department of Defense to create two new military medals for service in the global war on terrorism.

The Global War on Terrorism Expeditionary Medal will recognize servicemembers who participate in an expedition to combat terrorism on or after Sept. 11, 2001. It is limited to those who deploy as part of Operation Enduring Freedom.

The Global War on Terrorism Service Medal will recognize service in military operations to combat terrorism on or after Sept. 11, 2001.

It is limited to Operation Noble Eagle and to those servicemembers who provide support to Operation Enduring Freedom from outside the area of eligibility designated for the expeditionary medal.

The medals were recommended by Secretary of Defense Donald Rumsfeld.

Specific eligibility for the medals will be established by DOD awards policy officials. The combatant commander has the authority to award the medals to units and people deployed within his theater for approved operations. Each



NEW HARDWARE: The Global War on Terrorism Service Medal (left) and the Global War on Terrorism Expeditionary Medal (right) were recently approved by the president.

service department will prescribe the appropriate regulations for processing and wearing the medals.

Members of the U.S. armed forces and Coast Guard are eligible for the medals, including Reserve and National Guard members activated to support approved operations. Civilians, foreign nationals and foreign military are not eligible.

It will take up to 12 months to produce and stock the medals in supply systems, officials said.

Future authorizations for these medals can be approved by the chairman of the Joint Chiefs of Staff if the war on terrorism expands.

OF THE PRIDE PACK

Job: 80th Fighter Squadron, NCOIC of the commander's support staff

Duties: Ensures performance reports and decorations are processed on time, and processes incoming and outgoing personnel.

Hometown: Lubbock, Texas.

Follow on: Tyndall Air Force Base, Fla.

Hobbies: Playing guitar, bowling and building models.

Favorite music: All.

Last good movie you saw: "Bourne Identity"

Best thing you've done at Kunsan: Taking advantage of the travel opportunities.

Staff Sgt. Steve Smith

"When I think of Steve, I remember how proud I am to work in the Air Force because everyday he shows us how proud of it he is."

1st Lt. Jason Ohrenberger
80th Fighter Squadron section commander

Wolf Pack Radio 88.5 FM

Weekdays — 5 to 10 a.m.
Request Line 782-4373

Integrity, Service, Excellence

Wolf Warrior Day

Wolf Pack responds to ‘bio attack’



(Above) First Lt. Sarah Babbitt, an 8th Security Forces flight leader, coordinates her squadron's response to the simulated terrorist attack from the on-scene command post. (Below) Firefighters Staff Sgt. Milton Miranda and Kim, Ki Song, members of the 8th Civil Engineer Squadron, rush medical equipment to the scene.



Story and photos by
Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

In a scenario ripped from the world's headlines, members of the Wolf Pack tested their ability to respond to a biological terrorist attack during an exercise March 14 near the chapel. The "bio" major accident response exercise was the latest installment of the wing's "Wolf Warrior Day" program, training days designed to improve the unit's readiness and prepare for the upcoming Operational Readiness Inspection.

"The response portion is basically the same as any other MARE," said Senior Master Sgt. Scott Acre, 8th Fighter Wing chief of exercises and evaluations, "but one of the biggest challenges in this scenario was determining the exact nature of the threat."

First responders found out just how difficult that was as they began piecing together accounts from the wounded and conflicting reports from other sources. As the picture unfolded, it became apparent that the victims — and the responders treating them — had been exposed to anthrax.

"Air Force instructions are very specific about the frequency and types of exercises we have to conduct throughout the year," said Acre. "Though we've exercised biological and chemical scenarios before, this was our latest test of a peacetime mass casualty situation involving a bio weapon."

Citing the 1995 sarin gas attack that left 12 people dead in Tokyo and the still unsolved anthrax attacks of 2001, Acre explained that the Wolf Pack must be ready to respond to any



THE FACE OF TERROR: Senior Airman Jackie Anorga, a member of the 8th CES readiness flight, simulated an attack by a lone terrorist armed with anthrax and a sprayer.

contingency.

"We [the 8th Fighter Wing] obviously aren't in the business of waiting for something to happen before we begin to prepare for it," Acre said. "Everyone on the EET [Exercise Evaluation Team] looked at this scenario and developed specific objectives for their units to respond to — we had some very specific evaluation goals, but we also watch how the units responded to a very dynamic situation."

At the scene, members of the 8th Security Forces Squadron established a protective cordon and secured the area.

The 8th Civil Engineer Squadron got in on the act by providing firefighters, a decontamination team and an explosive ordnance disposal team.

The 8th Medical Group contributed with a

doctor, emergency medical technicians and bioenvironmental engineering team, while the 8th Services Squadron responded with a mortuary affairs team.

As an example of the unexpected dynamics of the scenario, members of the 8th FW chapel were actually the first to respond to the scene, and provided buddy care and spiritual comfort to the injured.

Lt. Col. Jose Mata, 8th CES squadron commander, served as the on-scene commander for the exercise, and Col. Timothy Byers, 8th Mission Support Group commander observed a majority of the scenario.

"This was a team effort worthy of the Wolf Pack," said Acre of the three-hour exercise. It was also a learning experience for evaluators and participants alike.

"None of us have ever dealt with the horrors of a biological weapon attack, so watching all the pieces come together and learn from this exercise experience was an important element of the wing's preparedness for that kind of contingency," Acre said.

And, it's an element that's not likely to decrease in importance anytime soon. In the aftermath of the Sept. 11 terrorist attacks, emergency responders around the United States were given crash courses in responding to chemical and biological terrorist attacks.

"If you watch the news for just ten minutes, it's obvious that our nation's leaders are very concerned about terrorists using chemical, biological or nuclear weapons," Acre explained. "That said, it makes sense that those of us on the front lines of defending freedom never stop preparing for such a contingency."



Senior Airman Heidi Leon, an 8th CES explosive ordnance disposal journeyman, conducts a quick check to ensure a Self-Contained Breathing Apparatus is working properly.



Staff Sgt. Anthony Sorola, an 8th Medical Operations Squadron aeromedical technician, coordinates the movement of patients who were exposed to simulated anthrax.



Staff Sgt. Brian Haymond, an 8th CES firefighter, conducts an assessment of a simulated victim during the initial response phase of the exercise.



1st Lt. Ed Cadua, deputy chief of the 8th Medical Operations Squadron bioenvironmental engineering flight, confers with Staff Sgt. Stephen Hart, a bioenvironmental technician, and Tech. Sgt. Thomas Nunn, a member of the 8th CES readiness flight.

7 DAYS Today

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m. and 6:30 p.m. The bus returns to base at 5 and 10:30 p.m. Tickets are \$10/\$9* one way and \$20/\$18* round trip. For more information, call 782-5213. *Special Consideration for Airmen's Morale program.

Free food The Loring Club offers club members barbecued chicken 6 to 9 p.m. in the ballroom. For more information, call 782-4312 or 782-4575.

Smorgasbord buffet The Loring Club hosts a super smorgasbord 11 a.m. to 1 p.m.

Friday tunes A disc jockey plays rock 'n' roll and rhythm and blues at the Loring Club. For more information, call 782-4312 or 782-4575.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Howlin' Bowl Bowling is \$8 per person or \$35 per lane 7 p.m. to 1 a.m. at the Yellow Sea Bowling Center.

SonLight Inn meal The 8th Maintenance Squadron Phase flight hosts a dinner that includes spaghetti with garlic bread and ice cream.

Saturday

9-pin tournament The Yellow Sea Bowling Center has a 9-pin tournament at 6 p.m. The entry fee is \$13. For more information, call 782-4608.

Country night The Loring Club hosts country night in the ballroom. For more

information, call 782-4313 or 782-4575.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

Chess tournament The community center hosts a chess tournament at 2 p.m. The winner receives a phone card.

Chicken wings The Loring Club has 10 cent chicken wings from 6 to 8 p.m. Loring Club has 10 cent chicken wings from 6 to 8 p.m.

B-I-N-G-O The Loring Club hosts bingo at 2 p.m. The early bird bingo game begins at 1:45 p.m.

Rent-A-Lane Rent a lane at the Yellow Sea Bowling Alley from 11 a.m. to 1 p.m. Cost is \$6 per hour. For more information, call 782-4608.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Pizza night The Loring Club has 50 cent pizza from 6 to 8 p.m.

Mexican buffet The Loring Club has a Mexican buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Double feature The community centers offers a double feature movie madness at 6 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at



Photo by Staff Sgt. Kelley Stewart

GOLF SALE: Staff Sgt. Robert Shockey, 8th Fighter Wing weapons safety manager, takes a cut at a golf ball Wednesday. The pro shop has golf bags, clubs and clothing on sale until Monday. For more information, call 782-5435.

5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Hamburger special The Loring Club offers a Kun burger for \$2 from 6 to 8 p.m.

Oriental buffet The Loring Club has an Oriental buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Sumo wrestling The Loring Club offers sumo wrestling beginning at 8 p.m. For more information, call 782-4312 or 782-4575.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

8-ball pool tournament Test out your pool playing skills at the Loring Club's 8-ball pool tournament at 7 p.m. For more information, call 782-4312 or 782-4575.

Free food The Loring Club offers club members a free taco bar 6 to 9 p.m. in the ballroom.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Thursday

Yongsan Electronics Market The community center offers a trip to the Yongsan Electronics Market or It'aEwon March 29. This shopping tour takes you to the largest specialty market for electronic goods and computers in Korea. The market has more than 5,000 shops. The bus departs at 7 a.m. and returns at 8 p.m. If you plan on buying anything, bring Korean Won. Sign up by today. For more information, call 782-4679.

Spades night The community centers hosts a spades night at 7 p.m. The winner receives a phone card.

Italian buffet The Loring Club has an Italian buffet 11 a.m. to 1 p.m.

Country night A disc jockey plays country at the Loring Club.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.

Off limits

The following Itaewon establishments are off limits:

- | | |
|--|--|
| <input type="checkbox"/> Polly Kettle II Club | <input type="checkbox"/> Helios Club |
| <input type="checkbox"/> Space Club | <input type="checkbox"/> Angel Club |
| <input type="checkbox"/> Best Club | <input type="checkbox"/> Bridge Club |
| <input type="checkbox"/> Club Capital | <input type="checkbox"/> Cocktail Club |
| <input type="checkbox"/> Coyote Club | <input type="checkbox"/> Dallas Club |
| <input type="checkbox"/> Dragon Club | <input type="checkbox"/> Dreams Club |
| <input type="checkbox"/> Forever Together | <input type="checkbox"/> Isabella's Club |
| <input type="checkbox"/> Indian Club | <input type="checkbox"/> Tae Pyung Hotel |
| <input type="checkbox"/> Kiss in the Dark Club | <input type="checkbox"/> Moulin Rouge Club |
| <input type="checkbox"/> Nymph Club | <input type="checkbox"/> Red Fox Club |
| <input type="checkbox"/> Royal Club | <input type="checkbox"/> Spanky's Club |
| <input type="checkbox"/> Starbutt Club | <input type="checkbox"/> Sunny's Club |
| <input type="checkbox"/> Townhouse | <input type="checkbox"/> Texas Club |
| <input type="checkbox"/> Tiger Tavern | <input type="checkbox"/> Yes club |
| <input type="checkbox"/> Number One Club | |

For more information, call DSN 738-4414.

Education

CCAF graduation The spring 2003 Community College of the Air Force graduation ceremony is 10 a.m. April 22 in the Loring Club. Degree candidates need to call the education office to see if they are eligible to participate. All graduates, supervisors and commanders are encouraged to attend the ceremony. For more information, call 782-5148.

Conversational Korean class A free six-week conversational Korean class is offered 6 to 7 p.m. Tuesdays and Thursdays at building 1305. Students learn to speak and read basic phrases. If interested, e-mail Rosemary Song at SongAc.Song@kunsan.af.mil.

OTS application acceptance Officer Training School only accepts applications from individuals with technical degrees through October 2003, unless an individual is seeking a rated position. Call the education office at 782-5148 to find out what degrees qualify.

Troop-to-Teachers Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troops-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office's new Web site is www.jobs2teach.doded.mil.

CLEP/DANTES The education office offers CLEP/DANTES testing 8 a.m. Mondays and Fridays, and 8 a.m. and 1 p.m. Wednesdays. Call 782-5148 for an appointment. The Rosenblum Library offers a variety of CLEP and DANTES study material for loan. The library is open 9:30 a.m. to 9:30 p.m. daily.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

FSC

TAP Workshop The Family Support Center hosts a transition assistance program class 8 a.m. to 4 p.m. Topics include: job search, resume writing, interview techniques, career exploration, legal affairs, medical insurance, Veterans Affairs benefits, relocation decisions, etc. For more information, call 782-5644.

Sponsorship Training The Family Support Center gives sponsors the tools to help make new members' transition to Kunsan an easy one. Training is 10 to 11 a.m. every third Wednesday at the Sonlight Inn. Registration required, call 782-5644.

Family reunion The Family Support

Center hosts a family reunion briefing 3:30 p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

Smooth Move A briefing to answer questions about permanent-change-of-station moves is 1 to 2:30 p.m. the second Wednesday of the month at the SonLight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

Survival Korean language class Two-hour class teaches students how to read and write the Korean alphabet and also includes basic travel expressions. Class is 5 p.m. Thursday. Registration required, 782-5644.

Home buying The Family Support Center offers a home buying class 10 a.m. to noon in building 755, room 215. To register, call 782-5644.

Volunteer Opportunities

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage The military equal opportunity office seeks volunteers to help at the local Kae Chong Orphanage on a weekly basis. On Thursdays, Wolf Pack personnel spend some time with about 40 children. A bus departs at 6:30 p.m. from the military personnel flight parking lot. There's an English session and snack time. If interested in volunteering about two hours, call Tech. Sgt. David Madsen at 782-5371.

Commissary bagging Base members can volunteer to sack groceries 1:30 a.m. to 6:30 p.m. weekends for tips. Sign up at the commissary.

Financial management There's a personal financial management program class 2 to 3 p.m. in building 755, room 215. Air Force Instructions make this class mandatory for all E-4s and below at their first duty station. For more information, call 782-5644.

Chapel

Protestant services General Protestant Worship Service is 11 a.m. Sundays and the Contemporary Praise and Worship Service/Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the Inspirational Praise and Worship Service is 7:30 p.m. Fridays at the chapel.

and an XBOX with controller, three games and a memory card for \$275. Call Anthony Plyler at 782-4726 (work) or 782-5603 (home).

Sharp TV Black Sharp 21-inch color television with remote. In great working condition. PCSing and looking to sell for \$50 OBO. Call Josh Shelton at 782-9612.

Wanted

Bass player for rock band Looking for someone interested in playing classic rock, 80's and 90's rock. We already have a P.A. system. If interested, call Tech. Sgt. Mark Butler at 782-7588 (home) or 782-4784 (work) or Staff Sgt. Thomas Smith at 782-5474 (work) or 782-9597 (home).

Donations Donate unwanted clothes, electronics and household goods before PCSing. Call Master Sgt. Larry Kirkpatrick at 782-9178 or bring items to building 1245, first floor.



U.S. Air Force photo

WOMEN'S HISTORY: Capt. (Dr.) Colleen Callaghan, 81st Medical Operations Squadron, Keesler Air Force Base, Miss., examines an El Salvadorian child during a humanitarian civic action visit in May 2002. Treatment was provided to approximately 8,000 people during the two-week trip. Both the doctor and young patient wear stickers the pediatric staff handed out to the youngsters. Celebrate Women's History at a luncheon at 11:30 a.m. Wednesday at the Loring Club. Chief Master Sgt. Aphrodite Kafka, 51st Logistics Readiness Squadron chief enlisted manager is the guest speaker. Tickets can be purchased from squadron first sergeants. Attendees can eat either a roast beef sandwich or chef's salad and is \$8 for club members and \$9 for non-members.

LDS Services are 3 p.m. Sundays at the chapel.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room. An "Overview of the Scriptures" is 7 p.m. Thursdays in the chapel conference room.

SonLight Inn hours The SonLight Inn is open 6 p.m. to 10 p.m. Mondays through Thursdays, 6 p.m. to midnight Fridays, 8 a.m. to midnight Saturdays and 8 a.m. to 10 p.m. Sundays. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Adult Sunday School, 9:30 a.m. Sundays, SLI, room 3.

☐ Basic Christian Training, 9:30 a.m. Sundays at the SLI, room 3.

☐ Korean-American Bible Study, 7:30 p.m. Mondays at the SLI, room 1.

☐ Women's Fellowship, 7 p.m. Tuesdays and every third Thursday at the SLI, room 2.

☐ Mid-Week Spiritual Boost, 12:15 p.m. Wednesdays at the chapel.

☐ Intercessory Prayer, 8:30 p.m. Saturdays at the SLI, room 2.

Miscellaneous

Tax assistance The legal office offers tax assistance for military and civil service employees beginning Tuesday. Schedule an appointment by calling Staff Sgt. Michele Deaner at 782-1829.

Off-base driving The 8th Logistics Readiness Squadron administers licenses for driving off base. E-6 and above are authorized to own a private vehicle and drive off-base. All ranks are authorized to operate government vehicles off base for official duties. For more information about an off-base license, call Senior Airman Shelly Falls at 782-6014.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

MOVIES

Saturday and Sunday Matinee

"Pinocchio" (G) Starring Robert Benigni and Nicoletta Braschi. 3 p.m.

Saturday

"Shanghi Nights" (PG-13) 7 p.m.

Sunday

"National Security" (PG-13) Starring Martin Lawrence and Steve Zahn. 7 p.m.

Monday

"National Security" (PG-13) 8 p.m.

Tuesday

"Just Married" (PG-13) Starring Ashton Kutcher and Brittany Murphy. 8 p.m.

Wednesday

"Just Married" (PG-13) 8 p.m.

Thursday

"Daredevil" (PG-13) Starring Ben Affleck and Michael Clarke Duncan. 8 p.m.



Tonight

"Shanghai Nights" (PG-13) Starring Jackie Chan and Owen Wilson. 7 and 9:30 p.m.

Courageous Channel 2002-1

Noncombatant evacuation operation exercise

When: Thursday 8 a.m. to 4 p.m.

Where: Loring Club

Who: All Department of Defense and affiliated United States civilians

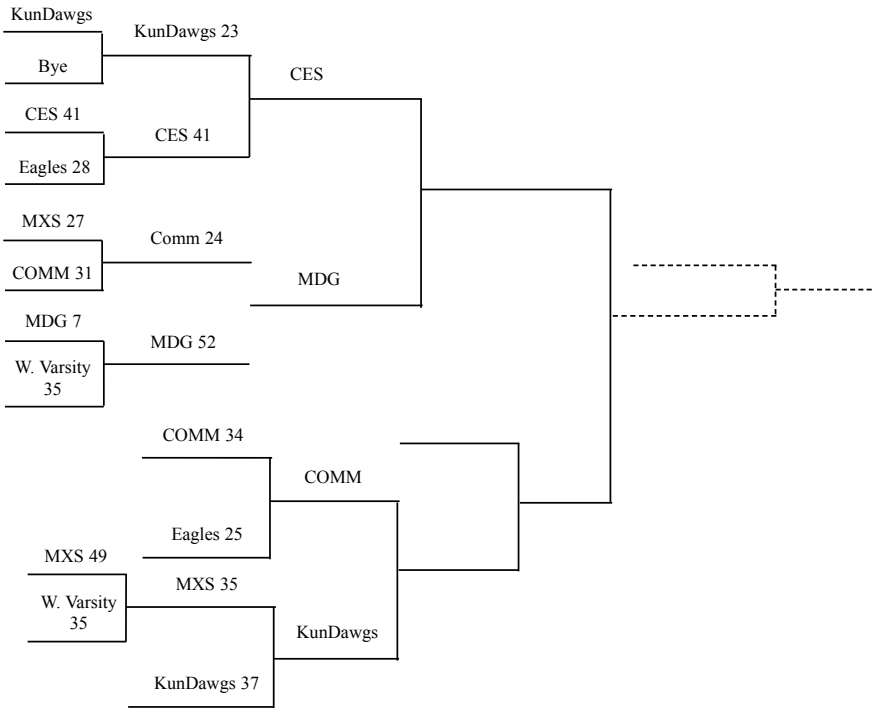
For more information, call Tech. Sgt. Chris Alexander, 8th Mission Support Squadron, at 782-5644.



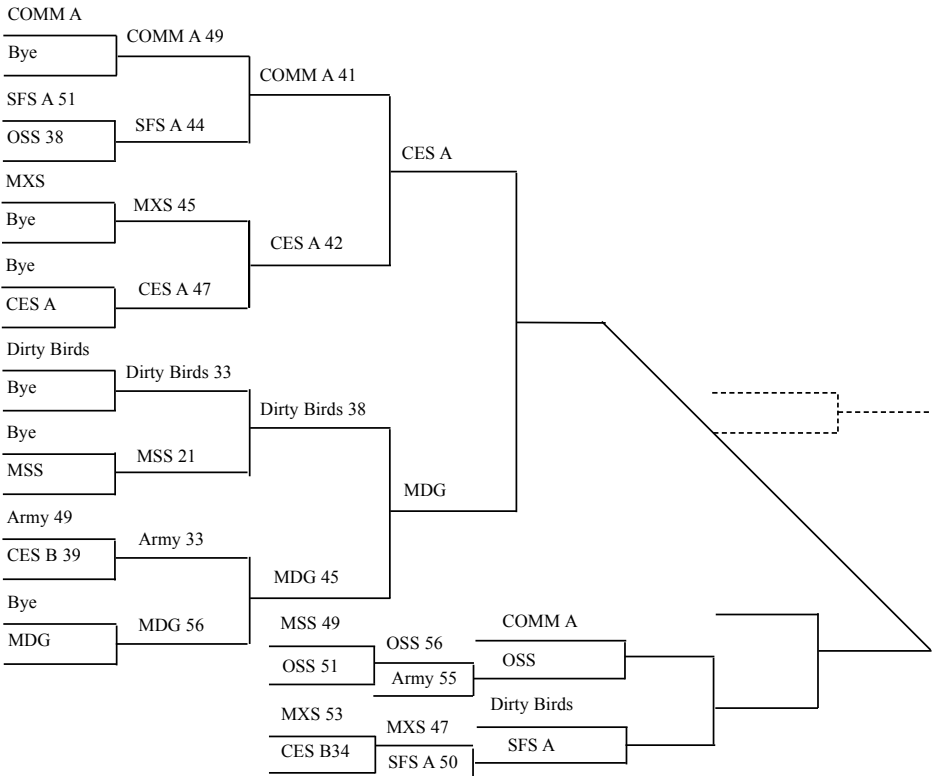
Intramural hoops: Who will be the winner?

Over 30

These are double elimination tournaments. If the team from the winner's bracket loses the first championship game, both teams will have to play again for the base championship.



Intramural



SPORTS SHORTS

5K Poker Run winners
The following men finished first and second in the 5K Poker Run March 10. Mark Naglack at 20:58 and James Robbins at 21:51. The following women finished first and second: Jolene Meltzer at 33:37 and Pamela Brownine at 33:37.

5K run, health fair
The fitness center hosts a 5K run and health fair 8 a.m. to 1 p.m. Saturday to celebrate Women's History Month. For more information, call Master Sgt. Corinne Smith, 8th Medical Group first sergeant, at 782-5463.

Air Force women's soccer
Anyone interested in trying out for the Air Force women's soccer team needs to submit an Air Force Form 303 to the fitness center by Thursday. For more information, call the fitness center at 782-4026.

Air Force Tae Kwon Do
Anyone interested in trying out for the Air Force Tae Kwon Do team needs to submit an Air Force Form 303 to the fitness center by Saturday. For more information, call the fitness center at 782-4026.



Registration for USAF Marathon
Registration is underway for the 2003 U.S. Air Force Marathon scheduled for Sept. 20. Reduced fees for early registration are available until June 30. Registration deadline is Sept. 4. To register, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at (937) 257-4350 or (800) 467-1823.

Lifeguards needed
The fitness center seeks responsible individuals to be lifeguards for this season. If interested, stop by the fitness center or call Tech. Sgt. Jeffrey Overly at 782-4026.

Martial Arts Classes

Budo Taijutsu/Ninjutsu
Noon Saturday and Sunday - FREE

Tae Kwon Do
8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido
7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do
6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday
5:30 a.m. - Aerobics
5:45 p.m. - 15-minute Abs
6 p.m. - Step Challenge

Tuesday
5:30 a.m. - Aerobics
6 p.m. - Step Challenge

Wednesday
5:30 a.m. - Aerobics
5:45 p.m. - 15-Minute Abs
6 p.m. - Kickbox

Thursday
5:30 a.m. - Aerobics
6 p.m. - Step Hi/Lo

Friday
5:30 p.m. - Aerobics
6 a.m. - Boot camp

Saturday
10 a.m. - Step Mountain
11 a.m. - 15-minute Abs

PACAF - FIT TO FIGHT

SCORES & MORE

BOWLING		
American League		
	W	L
Red Devils	123	53
Fabrication	122	54
8 Supply A	104	72
8 Med Dawgs	102	74
8 COMM A	95	81
8 MOS	77	75
8 SVS	90	86
8 TRANS	86	90
8 OSS A	84	92
Munitions 2	84	92
35th AMF	80	96
8 SFS	80	96
80th AMF	70	106
8 COMM B	70	106
GateKeepers	63	113
Army	31	145

National League		
	W	L
Kwang Ju	108	60
PMEL	101	67
Bad Ammo	99	69
Avionics	95	73
Big Green Truck	94	74
Wing Dings	91	77
Fuels Shop	84	84
OSS Dumb Bells	84	84
QA "Buzzards	84	84
8 CPTF	84	84
Munsons	78	90
80th AMF B	76	92
8 Med GP B	74	94
Jack Stogies	74	94
8 Med GP C	68	100
Post Office	44	124

INTRAMURAL BASKETBALL

	W	L
COMM A	13	3
MDG	13	3
Dirty Birds	13	3
CES A	13	3
MXS	12	4
MSS	11	5
Army	11	5
SFS A	11	5
OSS	10	6
CES B	8	8
SFS B	6	10
MXO	5	11
AMMO	4	12
LRS	3	13
COMM B	3	13

OVER-30 BASKETBALL

	W	L
Kun Dawgs	11	3
MDG	11	3
MXS	10	4
CES	8	6
Eagles	6	8
COMM	6	8
W. Varsity	1	13



Tobacco Fact

Nicotine is a drug found naturally in tobacco. It is highly addictive, as addictive as heroin and cocaine. Over time, the body becomes physically and psychologically dependent on nicotine.

— American Cancer Society, 2003

The Health and Wellness Center offers free smoking cessation classes. For more information, call 782-4305.

Break the dieting cycle

Lose weight with reasonable eating plan, exercise

By Master Sgt. William Davis
Health and Wellness Center

As a diet therapist here, I often get requests from people who want help with weight loss. I consider diet to be a four-letter word because it causes most people to imagine an unpleasant, short-term event that usually does not work and the weight seem to always come back.

Instead of the term diet, I prefer to ask people if they would like to discuss a reasonable eating plan. Following a reasonable eating plan is essential to achieve and maintain a healthy weight. Making a lifestyle change is necessary if one hopes to view eating for weight management to be pleasant and rewarding, rather than a short-termed torment.

So how should someone start to eat reasonably, enjoy eating, and still expect to lose weight — one to two pounds per week? Dietitians recommend eating three or more small meals per day, choose foods lower in fat and added sugar, and ensure each meal is balanced by having at least three different food groups at each meal.

Because we are not talking about a “diet” here, consider it okay to eat foods you might normally think of as “too fattening.” For example, many people think pizza is a bad food. The truth is that there is no such thing as a bad food. Pizza contains ingredients from the dairy group, the bread, cereal, and grain group, and the vegetable group. Pizza becomes an unwise



choice only when a person eats too much or has too much of the wrong topping, such as extra pepperoni which is high in fat.

The key to a reasonable eating plan is eating a variety of foods but not eating too much. An eating plan that includes a variety of foods eaten in moderate amounts in three meals per day is only part of the weight management equation.

Without sufficient exercise, most efforts to lose body fat are doomed to failure. Healthy adults should consider doing a form of aerobic exercise like jogging, walking or bicycling at least three times a week for 30 or more minutes. Adding in resistance training,

such as weight lifting, two times a week also makes a big difference.

There is no need to lift heavy weights and drastically increase body mass, unless these are your personal goals. Most people will gain significant benefits from lifting light to moderate weights.

Once you have started a reasonable eating plan and added exercise, you should see good results. There is nothing more motivating than noticing you have dropped an inch or two in the waistline or on the hips. Once you see initial success, continuing to eat right and exercise should become rewarding.

For more information, call 782-4305.

Crud!

Official s

Softball umpire clinic

March 28 6 to 9 p.m.

Anyone who wants to be a softball official this season must attend the clinic. For more information on softball or other sports officiating, call Allen Spivey at 782-7171 or e-mail allen.spivey@kunsan.af.mil

PACAF tournament kicks off March 28

The Loring Club is looking for Crud judges to officiate the 2003 Pacific Air Forces Crud Tournament March 28 in the officers' lounge.

Judges must be experienced with the rules of the game and must be officer club members.

Entries are now being accepted for the 2003 PACAF Crud Tournament. Teams of four are invited to sign up by Wednesday. Applications are available at the Loring Club, bowling center, golf snack bar, fitness center and squadron orderly rooms.

The base championship team's member will receive \$500 each in “services

bucks” redeemable at all 8th Services Squadron facilities along with \$100 in club card credits. The second place team's members receive \$250 each in “services bucks.”

A team meeting will be held Wednesday at 3 p.m. in the officers' lounge. Rules, practice sessions and tournament brackets will be discussed. All participating teams must have a representative at the meeting.

The tournament starts March 28 and runs through April 25.

For more information, call Don Montgomery, crud coordinator, at 782-4312 or 782-4575.

Courtesy of the 8th Services Squadron

Personal trainers:

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

PROTEST OPS



Photos by Staff Sgt. Kelley Stewart

Training to defend the 'Kun'



Staff Sgt. Brian Caliba, 8th Security Forces Squadron supply, issues a riot helmet to a security forces member prior to protest operations March 12. Security forces also are issued shin guards, batons and shields.



Staff Sgt. James Robins, 8th Security Forces, explains the importance of maintaining their line and listening to commands to 8th SFS members on protest operations.



Staff Sgt. James Robins, protest operations trainer, and Airman 1st Class Tara Williams, reflective vest, try to break the security forces protest operations line during a training session March 12 at the 8th SFS supply section. It is the job of the security forces to prevent demonstrators from gaining access to Kunsan Air Base, if they get past the Korean National Police.



Protest operations team members hit the ground and assume a defensive position when they hear someone call out that he has seen a weapon in a group of protesters.